

# Sensory Circuits

## What is it?

A sensory motor skills programme for children developed by Jane Horwood, Paediatric Occupational Therapist

## Who is it for?

To help children with sensory processing difficulties, this often includes children with: Down Syndrome, ASD, ADHD, Cerebral Palsy and Fragile X Syndrome

## What does it involve?

A range of activities to support sensory regulation.

- Alerting
  - To provide vestibular stimulation within a controlled setting, preparing the brain for availability for learning & the demands of the school environment
- Organising
  - Activities that require multi-sensory processing & balance. Organisation of body, motor planning to do more than one thing at a time in a set sequence
- Calming
  - Most important!
  - Activities that provide input to ensure the child leaves the circuit and returns to the classroom as calm & centred as possible & ready for the day

## Practical Considerations:

- Space is needed for maximum benefit – be flexible given current climate (C19)
- Visual schedules/programmes
- Structure activities for smooth flow of circuit
- Music – not essential

## Equipment:

- See what you have already – can start **without any equipment!**
- Desirable equipment:-
  - Balance items, scooter board, hoops, ribbons, trampette, exercise ball (peanut), gym mats, skipping ropes, cones, sturdy school bench

## Ideas for Activities:

### ■ **Alerting Activities** e.g.

running on the spot,

bouncing on a gym ball or space hopper

jumping off a low bench and mini trampolines

### ■ **Organising Activities** e.g.

crawling over an obstacle course - you could use tape on the floor

For inspiration, watch this short video explaining 'Sensory Hallways'

<https://www.youtube.com/watch?v=GQH32dvlb7c>

For those of you who are feeling more ambitious – see this article about how to create one in your own hall

<https://www.pocketot.com/movement-and-sensory-pathway-how-to-create-your-own-video-included/>

log rolls

balance work, walk along a line (on the netball court or a piece of tape on the floor) and throw a bean bag into a basket

tug of war

Simon says sequences

lycra body sock

### ■ **Calming Activities** e.g.

press ups against a wall/on a gym mat or chair push ups

push or pull heavy objects (e.g. lunchbox trolley or boxes of resources) in a trolley or hand out exercise/text books

ball squash

## Timing:

■ Daily is the ideal

■ First thing in the morning

■ First thing in the afternoon

■ 20-30 minutes from start to finish

■ 2-3 minutes in between lessons/activities or even in the middle of an activity if needed

## More Information:

■ **Sensory Circuits** by Jane Horwood, available from LDA Tel: 08451204776 [www.LDAlearning.com](http://www.LDAlearning.com).  
or from Amazon [www.amazon.co.uk](http://www.amazon.co.uk)

■ Sensory Strategies by Corinna Laurie (Published by NAS) <https://www.amazon.co.uk/Sensory-strategies-Practical-children-achieve/dp/1905722885>

**See Behaviour – think sensory!**